COVID SAFETY PRECAUTIONS

Learn how to best protect yourself and your community. COVID isn't over.

KEEP MASKING. RESIST. CARE. ORGANIZE.

RESPIRATORS AND AIR FILTRATION

N95/KN95 masks, (or equivalent/better) to prevent COVID air particles from entering the body.
- -Keep tight against face so no air escapes
- -Free masks from The People's PPE and Project N95

Have clean air!
- -Get your own personal HEPA filter
- -Open windows and doors for air flow

RESOURCES ON COVID

PEOPLE'S CDC: for accurate news and wastewater data

@peoples.doctor on IG: for COVID info and perspective from a doctor

COVID-safe groups and mutual aid near you!
@wekeepus_safe on IG
@clean.air.club on IG
@longcovidjustice on IG

WHAT TO DO WHEN SICK WITH COVID

- Isolate: others exposed may not test positive anywhere from 3-14 days after exposure.
- Request Paxlovid for treatment ASAP, as it treats infection and decreases risk of Long COVID.
- Take probiotics, immune boosting vitamins, Benadryl,pain medication (as needed), and melatonin /other forms of sleep aid.
- REST! Don't over exert yourself; wait at least 6 wks to work out post-infection.
- Get in the sun. Have hot tea/beverages and steam with showers.Hydrate.

TESTING

PCR tests: preferred form (more accurate) yet less available. Ask for one at the doctor or check No-Cost COVID-19 Testing Locator via CDC for those uninsured.

Rapid/antigen tests*:
Swab cheeks, back of throat, and nose for most accurate reading. Take 3 tests (48 hrs between) to have a more confident negative result.

*unfortunately, less accurate with new variants over time.

STAY HOME/ISOLATED WHEN SICK OR POTENTIALLY EXPOSED. DO NOT RELY SOLELY ON TESTS.

ADDITIONAL PROTECTIONS

Certain nasal sprays and mouthwash are shown to reduce COVID transmission as well as the severity of the illness, due to specific ingredients.

Sprays: Nasitrol, Salinex, BETADINE Cold Defense, Taffix (~$20)

Mouthwash: Listerine

Use before/after exposure (ex. large, crowded events or being around someone sick), potentially for a few days.

PREVENTION IS KEY. Everyone should do their best to limit COVID infections and decrease the number of times we are infected to protect our own health as well as others, to avoid the severity of Long COVID.

*risks and effects of Long COVID include: memory loss, fatigue, stroke, diabetes, heart attacks, blood clots, lung disease, chronic pain, brain fog, and more we have yet to fully learn and understand.

COVID spreads like smoke. Distance from others is simply not enough when you are breathing the same (sick) air. Even outside, COVID is still in the air! Mask everywhere that you are around others, especially in public spaces, but even among friends and others who may be sick and do not know it. Much of transmission happens when people don't have symptoms.

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Sprays: Nasitrol, Salinex, Covixyl, BETADINE Cold Defense,Taffix (~$20)

CPC Mouthwash: Colgate, Crest Scope, ACT

Use before/after exposure (ex. crowded events or being around someone sick), potentially for a few days.

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Slide 1:

Purple background with white text. Heading says “COVID SAFETY PRECAUTIONS.” Beneath heading reads, “Learn how to best protect you and your community. COVID isn’t over.”

Slide 2:

Purple background with white text. Heading says “RESPIRATORS AND AIR FILTRATION.” Beneath heading reads, “N95/KN95 masks, (or equivalent/better) to prevent COVID air particles from entering the body.” Hyphenated below, “Keep tight against face so no air escapes” and “Free masks through The People’s PPE and Project N95.” Beneath reads “Have clean air!” Hyphenated below, “Get your own personal HEPA filter” and “Open windows and doors for air flow.”

Slide 3:

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Slide 5:

Purple background with white text. Paragraph says, “PREVENTION IS KEY. Everyone should do their best to limit COVID infections and decrease the number of times we are infected with COVID to protect our own health as well as others, to avoid the severity of Long COVID.*” Beneath in smaller text says, “*risks and effects of Long COVID include: memory loss, fatigue, stroke, diabetes, heart attacks, blood clots, lung disease, chronic pain, brain fog, and more we have yet to fully learn and understand.”

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Slide 7:

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- Get in the sun. Have hot tea/beverages and steam with showers. Hydrate.”

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